


Weekend Weather


Saturday



Mostly cloudy  
H70s/L50s

As of Thursday

Sunday



Mostly cloudy  
H70s/L60s

Source: 35th OSS Weather Flight

Misawa Air Base DUI/DWI Hitboard

Total number of DUI/DWI incidents at Misawa this year

27

As of Thursday

Number of days since the last DUI/DWI at Misawa

34

As of Thursday

Last unit with a DUI/DWI: 35th Communications Squadron

Source: 35th SFS

Oktoberfest

A festival and concert featuring “Everclear” takes place Saturday at Hangar 949. The festivities start at 5 p.m. and the concert begins at 7:30.

An authentic German dinner costs \$6.95

Shuttle bus transport from the Collocated club.

For more information, call 222-9512



Photo by Tech. Sgt. Andy Bellamy

Brig. Gen. Dana Atkins, right, vice commander of 7th Air Force and U.S. Air Forces Korea, takes a tour of the Weasel’s Den with Dave Hymer, outdoor recreation center director. General Atkins was here Sept. 16-18 and was the guest speaker at the Air Force Ball Saturday.

## Former commander visits Misawa

by Senior Airman Terri Barriere  
35th Fighter Wing Public Affairs office

Former 35th Fighter Wing commander Brig. Gen. Dana Atkins returned to Misawa last week to find his dream of a giant indoor recreation center had become a reality.

This was the general’s first return to Misawa since departing in April 2004 and his first time in the Weasel’s Den since its completion.

“It’s exciting to see it come to fruition. It’s hard to imagine what a vision’s going to look like until it’s a realization,” General Atkins said during his tour of the facility. “The pictures didn’t do it justice.”

The last time the general saw the Weasel’s Den it was nothing more than chalk outlines on the floor of an empty hangar.

The general, now vice commander of 7th Air Force and U.S. Air Forces Korea, said his dream for the Weasel’s Den was to be able to have a place where moms and dads drop their kids off to go do something and know they would be in a wholesome environment.

“This is going to be that winter venue for the Misawa community, particularly for fami-

lies with smaller children that don’t have anything to do,” he said. “The winters are long, you need to release energy, and you need to do that in a safe and healthy environment. This certainly satisfies that and more.”

Dave Hymer, outdoor recreation center director, along with other senior leadership led the general on a tour of the \$1.7 million facility.

During the tour, they watched a climber in action on the rock climbing wall, visited the retail center and party room, and took a spin on the

facility’s most popular activity, the go-cart track.

The general was also briefed on the Den’s usage since its opening in March which included 12,000 go-cart rides, more than 3,000 miniature golf games, more than 1,500 climbers and nearly 100 birthday parties.

“It’s been phenomenal,” Hymer said.

“This is the only one in the Air Force,” General Atkins said about the Weasel’s Den. “And what better place to have it than Northern Japan ... where you really need an indoor venue. It’s great ... and I’m sure it’s going to get even better.”

*‘It’s great ... and I’m sure it’s going to get even better.’*

— General Atkins

## TRICARE policy set to change Oct. 1

Military members with family members who are not command sponsored should ensure those family members are enrolled in TRICARE Prime by the end of this month.

A new Department of Defense Health Affairs policy goes in to effect on Oct. 1, which restricts TRICARE Prime enrollment to only those family members who are command sponsored. However, non-command sponsored family members who are currently enrolled in TRICARE Prime, or who enroll before Oct. 1, will be grandfathered into TRICARE prime.

After Oct. 1, family members who are not command sponsored remain eligible for TRICARE Standard, which incurs cost shares if civilian health care is needed. Under TRICARE Standard, care at the base hospital is offered on a space-available basis, and non-command sponsored family members are not eligible to use the military aeromedical evacuation system.

To find out more or to enroll, visit the TRICARE Service Center in the base hospital, or call 226-6000. *(Information courtesy of the 35th Medical Group)*

## Navy Ball set for Oct. 14

The 2005 Navy Ball is set for 6 p.m. Oct. 14 in the Collocated Club.

This year’s theme is “Protect, Prevent, Prevail.” The guest speaker will be Ambassador Thomas Schieffer, U.S. Ambassador to Japan.

“All attendees are sure to have a great time,” said Petty Officer 1st Class Sarah King, Naval Air Facility Misawa public affairs officer.

The main entertainment will include a traditional Japanese sake ceremony, Taico drummers, a Shamisen player and the Japan Air Self Defense Force band. Two disc jockeys and a jazz band will also be available.

Ticket prices are as follows:

- E-1through E-4 — \$15
- E-5 and E-6 — \$25
- E-7 and above — \$35
- Civilian employees/retirees — \$35

“Civilian guest ticket prices will be the same as their host,” said Petty Officer King. “Tickets are sold on a first come, first serve basis. U.S. dollars and checks payable to Navy Ball fund will be the only accepted payment.”

Uniforms are as follows:

- E-6 and below — Service dress with miniature medals
- E-7 through O-3 — Mess dress or dinner dress with miniature medals
- O-4 and above — dinner dress with miniature medals
- Civilians — Black tie

For more information or to buy tickets, contact unit POCs. *(Information courtesy of Naval Air Facility Public Affairs office)*



# Always ensure personal readiness

■ **Editor's note:** *This commentary mirrors the commander's update aired weekly on AFN Misawa.*

by **Col. Sam Angelella**  
35th Fighter Wing commander

During September all military members had their Servicemembers Group Life Insurance coverage automatically increased to \$400,000. That's \$400,000 for only \$26 per month.

As I said, the increase was automatic across the services, so if you want to keep that level of insurance coverage, you don't have to do anything. You're already covered.

For Air Force members who want to decline the coverage, or reduce it from \$400,000, you have two options.

See your unit commander's support staff to fill out the proper paperwork, or go to the customer service section of the military personnel flight. Airmen can call

226-3962 for more information.

For Sailors wishing to decline or reduce their insurance coverage, see the personnel support detachment, or call 226-4610.

As long as you see your service's personnel specialists before the end of this month, you will not be charged for the September premium.

Insurance coverage is only one part of your personal readiness.

Our responsibility as military members requires us to have our affairs in order should we be called away on short notice.

But in addition to that, it's also the right thing to do for your family. Plus, knowing that they would be taken care of will bring you peace of mind.

Finally, the time to ensure your legal and financial matters are in order is now, not after you find out about a deployment. Whether it's a will, living will, power of attorney or any other area of your personal readiness, make sure you're thinking ahead.

*'The time to ensure your legal and financial matters are in order is now, not after you find out about a deployment ...'*  
— **Colonel Angelella**

## U.S. Naval Forces Japan commander: goodbye

by **Rear Adm. Frederic Ruehe**  
U.S. Naval Forces Japan commander

As my assignment as commander of U.S. Naval Forces Japan comes to a close, I would like to use my final column to express my appreciation to you — the men and women who comprise the CNFJ Forward Deployed Naval Forces team — and to pay tribute to your many accomplishments over the past two years.

There are so many of you who play a direct and central role in everything the FDNF does — active-duty, reservist, civilian, contractor, and family members, with every forward-deployed organization.

I could fill this entire paper with your achievements and my thanks to everyone who made them possible. There are so many of you who play a direct and central role in everything the FDNF does - active-duty, reservist, civilian, contractor, and family members, with every forward-deployed organization. Thanks, and praise, also, to our leaders and partners within and outside of the U.S. Navy, without whom we could not function: the American embassy — the ambassador and his team have made us an active part of the country team; commanders and their staffs at Pacific Fleet, Seventh Fleet, U.S. Forces Japan and naval installations, providing the guidance, mission priorities, and resources so vital to our performance; the

Japanese central and local governments who have done so much to support our readiness and quality of life in Japan; our Japan Maritime Self-Defense Force counterparts and teammates; the support organizations like JANAF, the Navy League and the JA society; the communities who graciously host our bases, and the Japanese people, who are so generous with their friendship and hospitality.

It is due to your individual and collective efforts that our team has enjoyed success.

Your hard work has strengthened our ties with the JMSDF and developed our ability to operate together. Most notably, we have improved our communications interoperability capability with the JMSDF, which has improved our ability to undertake combined operations, share a common operational picture and communicate on an unprecedented scale.

You have set the bar for highly effective fleet support.

The forward-deployed Navy is about readiness, and CNFJ plays a vital role in sustaining fleet readiness. Our goal is to sustain effective support through service to the fleet, and you have accomplished that goal.

You have made a commitment to being the best at what we do so the commands we support can be the best at what they do. Through a commitment to personal responsibility and pride in service, you have

strengthened the bond of friendship with our Japanese hosts.

You have made a concerted effort to assist Sailors and their families in making the adjustment to their new duty station so they are able to make the most of their time spent in our host country.

You have embraced change and innovation and have seamlessly made the transition of our shore installation management mission under Commander Navy Installations, or CNI.

You have been innovative, supporting enterprise partnerships between CNI and Naval Facilities Engineering Command, Naval Supply Systems Command, Naval Legal Service Command, and Navy Net Warfare Command.

Through your efforts, we have forged cross-regional collaboration efforts with Navy Regions Korea and Singapore, promoting partnership.

I am grateful for the opportunity to work alongside the finest assembled group of professionals I have known, and I thank each and every one of you who has played a part in CNFJ's vital role in maintaining a dependable and reliable FDNF presence in the western Pacific. Your efforts in this vitally important area of the world have been, and will continue to be, essential in supporting the fleet, our friends and our allies, as we work together to promote peace, stability and prosperity throughout the region.

### Commander's Action Line (226-3700) Please Use It



The Action Line provides "direct communication" between you and me. This valuable open channel has but one purpose — to make our community better. Your input of ideas, concerns, highlighting problems and suggested solutions are the lifeblood to building a stronger foundation where our families thrive and our mission succeeds. There are many dedicated professionals at Misawa — officer, noncommissioned officer and civilian — who are experts in their respective fields. Please offer them the opportunity to answer your question in concert with your unit chain of command. They share the same vision for Misawa as I do. However, those concerns that do come to the Action Line have my personal attention.

Col. Salvatore A. Angelella  
35th Fighter Wing and  
Misawa Air Base  
installation commander

#### Who to call for assistance

Air Force Aid Society .....	226-9316
American Red Cross .....	226-3016
Auto skills center .....	226-4654
Bowling center .....	222-7731
Chaplain .....	226-4630
Commissary manager .....	226-3823
Community center .....	226-4128
Education center .....	226-4201
Enlisted club .....	222-9449
Facility maintenance .....	226-3693
Family day care .....	226-2273
Family services .....	226-3665
Family support center .....	226-4735
Health and wellness center ..	226-6653
Hospital .....	226-3506
Housing maintenance .....	226-2327
Housing manager .....	226-2394
Housing office .....	226-3200
Law enforcement desk .....	226-4358
Library .....	226-4083
Main exchange manager .....	222-7410
Military clothing sales .....	222-8709
Officers' club .....	226-2016
Pass and registration .....	226-3995
Teen center .....	226-2170
35th Services Squadron .....	226-3008
Youth center .....	226-3200

## Northern Light

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Photos by Staff Sgt. Vann Miller

## Remembering POW/MIAs

(Left) The POW/MIA table honors prisoners of war and those missing in action who could not be with their families on that day. In the background, Japan Air Self-Defense Force Tech. Sgt. Hisashi Toriyabe, 3rd Air Wing, marches back to his fellow honor guardsmen after playing taps. (Bottom left) A combined Japanese and U.S. Air Force honor guard march toward the base flagpoles during Misawa's POW/MIA retreat ceremony, Sept. 16. The ceremony was held at Risner Circle in front of the 35th Fighter Wing headquarters. The Navy honor guard presented the commemorative wreath remembering the sacrifices of the POWs and MIAs. (Bottom right) Air Force and Navy troops stand in formation during the special retreat ceremony here. A group of retirees honored those sacrifices with their own formation. The ceremony concluded with a F-16 fly-over of a missing-man formation.



# Mock bank robbery puts SFS in action

story and photo by Staff Sgt. Vann Miller  
35th Fighter Wing Public Affairs office

The 35th Security Forces Squadron responded to a silent alarm during a training implementation held at the credit union on base here Sept. 15.

The response was part of a law enforcement exercise involving the base security forces, an armed robber and several potential victims.

Although the entire exercise lasted only 50 minutes, the hands-on training was valuable, said Staff Sgt. Jason Hardman, 35th SFS standardization and evaluation NCO.

The exercise tested a number of areas, the evaluating official said.

"It tested responding patrol's ability to respond to possible hostile incidents," Sergeant Hardman said. "It also tested the credit union's ability to respond to robberies and a flight sergeant's ability to lead patrols for alarm activations and robberies."

During the exercise, an armed assailant entered the credit union, robbed one of the tellers and left the scene on foot. Although it was an exercise, one teller said her heart started racing.

"I began to study his face, noting how tall he was, what he was wearing and which way he went," said Brandy Moncibais, loan processor at the credit union.

The teller activated a silent alarm which alerted the security forces on base. Once the patrols were dispatched, the credit union and the surrounding area were secured

by the patrol teams.

"Everything seemed so real," said Ms. Moncibais. "Until he flashed his orange exercise gun; that helped defuse the tension a bit."

The field exercise evaluates the performance of the flight sergeant. In addition to managing patrols in the field, there are task performance checklists which cover mission critical areas, Sergeant Hardman explained.

"Security forces members must pass a performance evaluation either annually or semi-annually depending on their duty position," said Sergeant Hardman. "This was Tech. Sgt. Bryan Wheeler's annual test. These exercises remind us to be aware of our surroundings and always be ready to respond to the unexpected."



Tech. Sgt. Bryan Wheeler, 35th SFS, gives orders over the radio to patrols while being evaluated by Staff Sgt. Jason Hardman of 35th SFS StanEval during a robbery exercise here Sept. 15.

## Briefs

■ **Riverdance show tour** — Information Tickets and Travel office hosts a trip to Sendai Sun Plaza Hall for the 10th anniversary Irish Riverdance Show Nov. 5. Tickets cost \$160 each. The price includes admission and transportation. The bus leaves from behind the library at 7 a.m. and is scheduled to return to the base at 8:30 p.m. For information, call 226-3555.

■ **Fitness recognition** — Potter Fitness Center is looking for all Misawa Air Force members who scored 100 points on the Air Force fitness test. Names of all males who ran the 1.5 mile run in under 9 minutes and females who ran the 1.5 mile run in under 11 minutes will be posted. Unit fitness representatives can contact the PFC with names and scores.

■ **Tops in Blue contest** — Tops in Blue is 'sharing the music' by giving away several Apple iPods and accessories in a web-based contest now through Oct. 31. Visit [www.topsinblue.com](http://www.topsinblue.com) to sign up.

■ **PlayStation 2 adaptor recall** — The U.S. Consumer Product Safety Commission announced a voluntary recall of certain AC adaptors sold with slim version PS2 systems. Computer Entertainment America has received 38 reports of adaptors overheating, including 19 reports of melting. There have been four reports of minor property damage, two reports of minor burns and one report of a minor shock. The recall involves AC adaptors with the following date codes: 2004.08, 2004.09, 2004.10, 2004.11 and 2004.12 and serial numbers beginning with "F3." The date code is located in a white box on the lower right hand portion of the adaptor's label. Just below the date code box is a serial number beginning with "F3" followed by a series of digits. Adaptors with other date codes and without the "F3" serial numbers are not included in this recall. The AC adaptors were sold with slim version PlayStation® 2 consoles with model number SCPH-70011 or SCPH-70012. The PlayStation® 2 model number is located on a label at the base of the slim console. For additional information, call Sony Computer Entertainment America at (888) 780-7690 between 6 a.m. and 8 p.m. Pacific time Monday through Saturday, or between 7 a.m. and 6:30 p.m. Pacific time Sunday, or visit the firm's web site at [www.us.playstation.com](http://www.us.playstation.com)

■ **No base paper** — The **Northern Light** will not be published on Sept. 30. The next edition will be Oct. 7. Also, as a reminder, the newspaper staff does not publish during the weeks of Golden Week, Thanksgiving, Christmas or New Year's.



## Briefs

■ **Commander's broadcast** — The last Friday of each month Misawans can directly address the wing commander during the Open Line radio show on AM 1575. Call in your questions to 226-1575.

■ **Prevention and Relationship Enhancement Program** — From 8:30 a.m. to 4:30 p.m. Saturday in the base chapel. PREP is a research-based approach to teaching couples how to communicate effectively, work as a team to solve problems, manage conflicts without damaging closeness and preserve and enhance love, commitment and friendship. Cost is free and includes materials, childcare if needed, refreshments and lunch. A \$5 donation per child is asked from those needing childcare for kids' snacks and volunteers' lunch. Participants must be registered by today. Twenty couple slots are available. For more information, call the family support center at 226-4735.

■ **Retiree Appreciation** — Members of the U.S. military retiree population in northern Japan are the focus for three events at Misawa on Sept. 30 and Oct. 1. The commissary hosts a Military Retirees Night Out from 6 to 9 p.m. Sept. 30. The next day, from 8 to 9:30 a.m. on Oct. 1, the Mutsu Officers Club ballroom is the site for a retirees breakfast. The two events feature prize drawings and complimentary food. Also, at 10 a.m. on Oct. 1, there will be a cake cutting at the base exchange. Information tables about the Misawa Military Retirees Association, TRICARE and the health and wellness center will be on hand. For more information, call the Misawa Retiree Activities office at 226-4428 or 226-5675; or e-mail [rao@misawa.af.mil](mailto:rao@misawa.af.mil).

■ **Annual Banquet** — The Hispanic Heritage Committee hosts its annual banquet 7 p.m. Oct. 15 at the Enlisted Club. The cost is \$15 for club members and \$18 for non-club members. Prior to the banquet, there will be a cocktails which begins at 6:30 p.m. People interested in attending the event should respond by Oct 11. For tickets, call unit representatives or Lt. Dinah Bell at 226-5351 or 2762.

■ **Exchange New Car Sales** — New car sales will be giving away keys that may start a 2005 Ford Focus weekly until Oct. 2. On the day of the event the 20 key holders will see if their key starts the car. Contestants can sign up for the event through 'The Edge' AM 1575 radio trivia, new car sales displays, AAFES tent sale or on the day of the event.

## AF Climate Survey launches Oct. 1

Airmen have the power to shape the future when the 2005 Air Force Climate Survey launches Oct. 1.

"The direction we take depends on you!" said Chief Master Sgt. of the Air Force Gerald Murray. "The motto of the 2005 Climate Survey, 'Speak Today, Shape Tomorrow,' accurately reflects the impact this survey has on our Air Force. It's your chance to provide honest and straightforward answers to issues that directly affect you and your fellow Airmen. Your identity is protected, and every response is reviewed for consideration."

The survey, offered every two years since 1997, measures how people feel about leadership, supervi-

sion, training, recognition and other aspects of the Air Force.

This year's survey also measures enduring competencies such as effective communication, teamwork, judgment and adaptation under pressure.

The survey provides a total force perspective and includes active-duty members, civilians, the Air Force Reserve Command and Air National Guard.

The survey runs through Nov. 23 and can be completed on-line anytime during the survey period from either a government or personal computer. The survey can be found at <https://afclimatesurvey.af.mil/>. (Story courtesy of Air Force Manpower Agency Public Affairs)

## Misawa mayor honorary commander for a day

by Staff Sgt. Vann Miller

35th Fighter Wing Public Affairs office

Misawa city's mayor filled the shoes of the wing commander for a day here on Aug. 23.

Shigeyoshi Suzuki, the mayor of Misawa city since 1987, had a unique opportunity to experience the day-in-the-life of an Air Force base commander during a community outreach program called Commander for a Day.

During the visit, Mayor Suzuki stopped in on various units throughout the base and even received a hands-on introduction to the F-16 flight simulator.

The visit for the mayor came during Misawa's transition to its new base commander. Prior to this visit, the previous base commander had a chance to visit the mayor in his 'command center.' Brig. Gen. Bill Rew was the Mayor for a day in June. In that visit the previous commander discovered some of the particular contrasts between a Japanese metropolitan govern-



Photo by Airman 1st Class Robert Barnett

Mayor Shigeyoshi Suzuki thanks Col. Ted Wootten for a briefing on jet engine checks at a maintenance facility during a tour here Aug. 23.

ment and a military base. During this exchange, Mayor Suzuki learned some of the responsibilities of leading and serving thousands of servicemembers.

"I didn't expect being a wing commander is so tough," said the

mayor during an interview with local reporters.

Community relationship programs such as these are designed to help strengthen the bonds between the base and its neighbors, according to officials.



Photo by Staff Sgt. Vann Miller

### Left, right, left

Students from the Air Force Junior ROTC detachment here perform marching and rifle handling drills during a regular practice Sept. 13. In addition to learning Air Force standards, the students are practicing for a drill and leadership competition held at Yokota Air Base, Japan, in January. Students from Guam, Korea and Okinawa will compete with students from Misawa. The Far East Drill Competition has included participants from Misawa since 1993. The JROTC program is limited to students in grades 9 through 12. For this year, 13 out of the 55 JROTC students will be competing.



### Combing the beach

Children from Cummings Elementary School pick up trash on the base beach Tuesday during the beach clean up. This annual clean up is part of the base's Earth Day and Green Day activities. The clean up was originally scheduled for May, but cancelled due to inclement weather. More than 50 children, as well as some families, participated in the event. There were 500 pounds of trash collected from the beach. The event was designed to teach children about environment issues and to get them more involved with the community.



Courtesy photo

## New program helps Misawa's youth stay fit

by Staff Sgt Vann Miller

35th Fighter Wing Public Affairs office

A new web-based youth fitness program comes on-line at the base youth center beginning Oct. 1.

The Lunney Youth Center staff encourages children to participate in the Fit Factor opening day's event.

"This initiative encourages children to make healthy choices and provides them with the opportunity to experience a variety of fun activities," said Kimberly Alston, 35th Services Squadron recreation assistant.

The event is free to Misawa residents and fea-

tures various activities, said Jade Schuler, 35th Services Squadron marketing director.

The Fit Factor program is a fitness and health initiative and encourages healthy eating, physical activity and fun, said Mrs. Schuler.

Scheduled for the day's event is a run/walk at 8 a.m. through base housing, a martial arts demonstration at 5 p.m., hula hoop, jump rope and other contests.

"In general, this program was created to get children physically active," said Mrs. Alston. "And, at the same time, be rewarded for their efforts to stay active."

The program is open to children and youths

ages 9 through 18. Children should have their parent's permission to participate. There will be healthy refreshments games and prizes.

The new initiative replaces a previous program and offers five levels for children to participate in. The program focuses on challenging energy, strength, agility, adventure and endurance.

"If we encourage our children to 'Get up, Get out, and Get fit,' we'll help play a role in minimizing obesity," said Mrs. Alston.

To enroll in this new program, visit the web site at [www.afgetfit.com](http://www.afgetfit.com). For more information, call 226-3220.

### Tops in Blue seeking talented Airmen

The annual search for Air Force talent during the Worldwide Talent Contest is scheduled Nov. 6 to 14 at Lackland Air Force Base, and the deadline for submissions is Oct. 5.

Besides competing for the Roger Award, given to the best performers in five separate categories, participants also vie for positions on the 2006 Air Force Expeditionary Entertainment Troupe — Tops in Blue.

"We need singers, dancers, musicians, comedians, and anyone else who has talent they'd like to share with the world," said Jeri White, Tops in Blue production manager with the Air Force Services Agency.

Contestants do not need professional training to qualify.

"They can be self-taught and don't have to be able to read music," Ms. White said. "All they need is talent and a strong desire to improve during the touring season."

Applicants interested in competing in the Air Force Talent Contest and auditioning for Tops in Blue 2006 should submit a videotape of them-

selves performing, along with an entertainer application, to: HQ AFSVA,SVPCE; 10100 Reunion Place; Ste. 402; San Antonio, Texas 78216-4138. Airmen can obtain an application by calling (210) 652-6566 or through the Air Force Services Web site at [www.afsv.af.mil](http://www.afsv.af.mil).

Videotapes will be reviewed at the agency's entertainment branch, and those individuals who display talents the judges feel can best support the team will be invited to compete at the Worldwide Talent Contest. Funding for the contest is provided by Air Force Services, including permissive temporary duty, travel and lodging.

Tops in Blue is the all-Air Force entertainment troupe that provides a free, high-energy 90-minute musical extravaganza to servicemembers worldwide, including war zones. In its mission to boost morale, the team visits more than 120 locations in more than 30 countries, entertaining more than 350,000 military and family members May to February each year. (Story courtesy of Air Force Print News)



Photo by Airman 1st Class Robert Barnett

### Party people

Chief Master Sgt. James Inaldo, 35th Medical Group superintendent, and his wife Joyce (middle) enjoy the evening's merriment during the Air Force ball here Saturday. The theme for this year's Air Force Ball was "Our past paving the way for our future." Brigadier Gen. Dana Atkins, vice commander of 7th Air Force and U.S. Forces Korea, and former Misawa Air Base commander, was the guest speaker for the event.



# Living Dolls Festival

## All dolled up for the last festival of the year

by **Simon Griffin**  
Shimoda Town liaison

Here in northern Tohoku, there is an abundance of festivals for people to choose from. And no doubt, the scale of floats and crowds have left strong impressions on many.

There is still, however, one last chance to experience some quintessential Japanese tradition before the encroaching bite of winter puts its appearance in.

The Living Dolls Festival takes place Saturday and Sunday near Salmon Park (where the Salmon festival is held).

This festival, like most around here, involves floats decorated with god-like figures to pay homage for good harvests and good prosperity.

Unlike the more famous, larger festivals, Shimoda uses live people to decorate the floats.

This unusual custom started as a way to preserve the festival tradition after the second World War when Shimoda's citizens, being rather poor, decided to use people instead of more expensive manufactured decorations.

Although Shimoda now enjoys

more prosperous times, this tradition of more than 50 years lives on.

As well as the floats and music there are traditional dancing displays, concerts and Karaoke shows.

Another event to view is "Hashigo Nori" where young children from a local kindergarten class do acrobatic tricks on top of large ladders hoisted up in the air.

Unfazed by the height they twist and turn upside-down and sideways. It is amazing to think these kids are as young as 5 years old.

Shimoda may not have the scale of Nebuta or SanShaTaisai, but with a down-home atmosphere people will be able to see and meet the locals up close.

For those who haven't tried out key phrases like "kon'nichi wa" or "kore wa ikuradesuka" this is the perfect opportunity.

Of course, there will be the usual line up of food and souvenirs available.

So this Saturday and Sunday, combine a trip to the Shimoda Shopping Center with a little piece of culture at the Shimoda Living Dolls Festival. Remember, it's the last chance this year.



Courtesy photos

The Living Dolls parade is a part of Shimoda's Festival of the Living Dolls. The festival allows Americans and Japanese the chance to see locals celebrating their rich culture.



As the temperature cools off, the Misawa community can continue to take advantage of festivals in the area. Shimoda's Living Doll Festival, held Saturday and Sunday, is an opportunity for people to get a taste of Japanese culture.

### Schedule of Events

#### Saturday

2 to 4 p.m. — Parade of Floats

5:30 to 6:30 p.m. — Live music at Shimoda Station

6:30 p.m. — Karaoke concert

#### Sunday

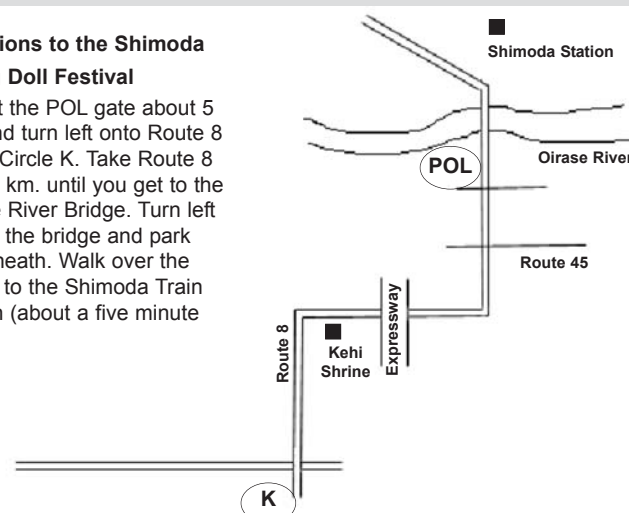
5 to 6 p.m. — Traditional Japanese dance show

6 to 7 p.m. — Karaoke show

7:30 p.m. — Lottery

#### Directions to the Shimoda Living Doll Festival

Go out the POL gate about 5 km. and turn left onto Route 8 at the Circle K. Take Route 8 for 7.6 km. until you get to the Oirase River Bridge. Turn left before the bridge and park underneath. Walk over the bridge to the Shimoda Train Station (about a five minute walk).





**Q.** We spend a lot of time hearing about force protection issues, having wingmen and doing the right things to protect not only ourselves but our co-workers and family. We all receive briefings about terrorist threats and hear about not being lulled to sleep here at Misawa and to always be vigilant. With that being said, I would like to know why we would publish the names



**Ask Sgt. North**

and photos of all of our wing leadership in the base newspaper. We know that copies will end up off base in the garbage where anyone can have access to it; granted, if terrorists want to know, they probably will find out. However, do we really need to make their jobs this easy?

**A:** First, we are all involved with the force protection of Misawa and its people, so I appreciate your interest. Second, the information you're talking about was

minimal and did not provide vital details valuable to those who would do us harm. In fact, many military leaders are listed on the Internet with their biographies. But it's not something we consider a breach of security. Further, we have to balance security against our service-members needing to know their chain of command so that they can use it. Rest assured that information released publicly has been scrutinized through public affairs and commanders' channels. Thanks again for your letter. Remember: force protection is everyone's job ... one we need to do every day.

## Heir Born

- **KESTLER** — Caleb Ashton was born to Petty Officer 3rd Class Kristopher and Petty Officer 2nd Class Constance Kestler Sept. 7.
- **STOVER** — Lyla Bo was born to Petty Officer 1st Class Jeremy and Vanezza Stover Sept. 4.
- **WHITNEY** — Cayden Alexander was born to Tech. Sgt. Christen and Aretha Whitney Sept. 1.
- **BURNS** — Meghan Rakel was born to Senior Airman Mark and Amanda Burns Aug. 24.

## Community Events

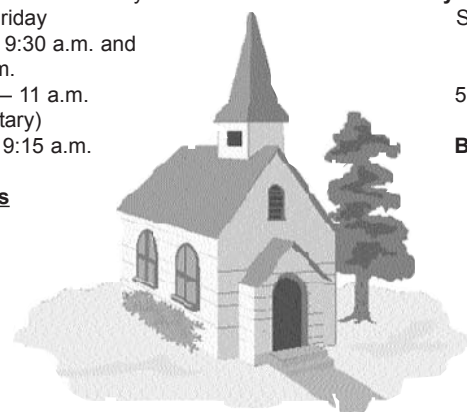
- **Intro to PowerPoint** — Begins at 9 a.m. Tuesday in the family support center.
- **Creative Cooking class** — Begins at 6 p.m. Wednesday in the family support center.
- **Interviewing class** — Begins at 10 a.m. Sept. 30 in the family support center.
- **Additional financial help** — In addition to the investment and finance classes, the family support center is available to help develop individual budgets. For more information or to set up a one-on-one appointment to discuss budgets, debt-management, saving and investing, call 226-4735.
- **Youth drama class** — From 6 to 8:30 p.m. Thursdays in the Lunney Youth Center. Drama

helps promote cultural diversity and helps improve speech, shyness, self-confidence and presentation. Times are: 6 to 6:30 p.m. for stage tots, ages 3-5; 6:30 to 7:30 p.m. for on stage, ages 6-12 and 7:30 to 8:30 p.m. for improvisation with teens, ages 13 and up.

■ **2005 Artist/Craftsmen/Photo Contest** — Entries are being accepted now through Oct. 19 at the arts and crafts center. The contest will be held Oct. 20. Winners at Misawa will be automatically entered into the Pacific Air Forces contests. Prizes are awarded to first- and second-place winners in each contest. This year's theme is "military life." For complete rules, stop by the arts and crafts center, Bldg. 645.

## 35th Fighter Wing Chapel

**Catholic Services**  
**Daily Mass** — 11:30 a.m. Tuesday through Friday  
**Sunday Masses** — 9:30 a.m. and 12:30 p.m.  
**Sunday School** — 11 a.m. (Sollars Elementary)  
**Confessions** — 8:45 to 9:15 a.m. Sunday  
**Protestant Services**  
**Holy Communion** — 8 a.m. Sundays  
**Sunday School** — 9:30 a.m. (Sollars Elementary)  
**Traditional Protestant** — 11 a.m. Sundays  
**Inspirational Worship** — 2 p.m. Sundays  
**Contemporary Worship** — 5 p.m. Sundays  
**Islamic Services** — noon Fridays



**Church of Christ**  
**Bible Study** — 9 a.m. to 10 a.m. Sundays  
**Worship** — 10:15 a.m. to noon and 5:30 p.m. to 7:30 p.m. Sundays  
**Bible Study** — 7 p.m. to 9 p.m. Mondays  
**Worship** — 7 p.m. Wednesdays (Security Hill Chapel Bldg. 1555)  
**Seventh Day Adventist Services** — 10 a.m. Saturdays (Security Hill Chapel Bldg. 1555)  
**United Pentecostal Services**  
**Worship** — 1 p.m. Sundays  
**Bible Study** — 7 p.m. Thursdays (Security Hill Chapel Bldg. 1555)



**Keith Delaine**

**Organization**  
Edgren High School JROTC

**Duty title**  
JROTC armed drill team and honor guard member

**Hometown**  
St. Petersburg, Fla.



## Volunteer of the week

*'Cadet Delaine has been an invaluable member of our JROTC program. As a freshman, he has volunteered numerous hours in the Misawa community and was selected as September's Cadet of the Month. Although he is new to the JROTC program, his instructors can count on him to teach other students drill movements, honor guard procedures and drill inspection procedures.'*

**Marc Renta**  
Edgren High School JROTC instructor

## Richard Bong Theater

■ **Editor's note:** Movie schedule subject to change.

**Today** — **"Valiant"** (G) **7 p.m.** A brave but undersized pigeon named Valiant (voiced by Ewan McGregor) dreams of joining the elite Royal Homing Pigeon Service (RHPS) and serving crown and country during World War II. Despite his small stature, Valiant's ambitions are enormous as he keeps a stiff upper beak and endures rigorous training in preparation for a dangerous mission to deliver vital messages to troops behind enemy lines **"The Cave"** (PG-13) **9:30 p.m.** A sexy bunch of underwater explorers are summoned to Romania's Carpathian Mountains, where scientists have discovered a gigantic cave network containing a lengthy underground river. Cutting-edge breathing gear gets unpacked, camaraderie and budding romances develop, and then everyone becomes trapped in the depths, where monsters start picking off cast members, one by one.

**Saturday** — **"Charlie and The Chocolate Factory"** (PG) **noon** For nearly 15 years, no one has seen a single worker going in or coming out of the factory, or caught a glimpse of Willy Wonka himself, yet, mysteriously, great quantities of chocolate are still being made and shipped to shops all over the world. One day Willy Wonka makes a momentous announcement. He will open his famous factory and reveal "all of its secrets and magic" to five lucky children. **"Dukes of Hazzard"** (PG-13) **3:30 p.m.** the Duke boys (Seann William Scott and Johnny

Knoxville) love to get the goat of Hazzard County's most crooked law enforcement officials, including Sheriff Rosco P. Coltrane (M.C. Gainey) and county commissioner Boss Hogg (Burt Reynolds). But when they discover that Boss Hogg is using his leverage to run them off their farm in order to turn Hazzard County into a strip mine for coal, things get personal. **"Wedding Crashers"** (R) **7 p.m.** In the outrageous comedy, Wedding Crashers, divorce mediators John Beckwith (Owen Wilson) and Jeremy Grey (Vince Vaughn) are business partners and life-long friends who share one truly unique springtime hobby ... crashing weddings.

**Sunday** — **"Valiant"** (G) **1 p.m.** **"The cave"** (R) **5 p.m.**

**Monday** — **"Bad News Bears"** (PG-13) **7 p.m.** Billy Bob Thornton plays the liquor-swilling, foul-mouthed Morris Buttermaker, who has agreed to coach a Little League team for the paycheck. Unfortunately for him, his assembled team consists of the league's most inept outcasts.

**Tuesday** — **"Valiant"** (G) **7 p.m.**

**Wednesday** — **"Wedding Crashers"** (R) **7 p.m.**

**Thursday** — **"The Cave"** (PG-13) **7 p.m.**

**Sept. 30** — **"Dukes of Hazzard"** (PG-13) **7 p.m.**

**"Transporter 2"** (PG-13) **7 p.m.** Jason Statham returns as ex-Special Forces operative Frank Martin. Now retired in Miami, Martin makes a living driving for a wealthy family, including twin brothers with whom he has unexpectedly bonded. But when the boys are abducted, Martin must use all his skills to bring them to safety and discover the kidnapper's master plan.



Timeout

■ **Professional bowler visits Misawa** — Professional Bowling Association member Walter Ray Williams Jr. comes to the Walmsley Bowling Center from 3 to 6 p.m. Monday. An autograph session will take place from 4 to 5 p.m. People can enter a drawing for a chance to bowl against Williams. A dinner will be held from 6 to 8 p.m. in the Tohoku Enlisted Club. For more information, call Kevin Radford at 226-9065.

■ **Skeet and Trap shooting clinics** — Classes are scheduled Oct. 9 at the Skeet and Trap range. Cost is \$12 per person and includes shotgun rental, 25 targets, one box of 25 shells, shell pouch and hearing protection. To register for the clinic, stop by outdoor recreation center and sign up for one of the six available time slots.

NorthernLight

Game Highlights

*Intramural, varsity, youth and high school coaches can fill in the sections below to highlight their team's key plays and players.*

Sport: \_\_\_\_\_

Team name: \_\_\_\_\_

Coach's name and daytime telephone number(s): \_\_\_\_\_

Opponent: \_\_\_\_\_

Outcome/final score: \_\_\_\_\_

Day, date and time of game: \_\_\_\_\_

Location of game: \_\_\_\_\_

1. What was the greatest factor that determined the game's outcome and why?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Where did your opponent pose its greatest challenge and why?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Who were your most valuable players and why?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Was there a turning point in the game, and how did it influence the outcome?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

■ Once complete, fax the information to the newspaper office at 226-9342, e-mail it to [northern.light@misawa.af.mil](mailto:northern.light@misawa.af.mil), or hand carry it to the newspaper office in Room 149 of Bldg. 507 (35th Fighter Wing Headquarters on Risner Circle). For more information, call 226-3814.

Choose wellness, everyone benefits

by Maj. James Stryd  
Misawa Health and Wellness Center

Most people think of themselves as healthy and fit. Sure, everyone can think of things they would like to do differently to improve their health or additional things they could do to be fitter.

The trouble is many of us don't get past the "thinking" stage and move to the "doing" stage.

Much of the human lifestyle is built around behavior, and many American behaviors lead to a future that includes decreased quality of life primarily due to preventable diseases.

For many, this decreased quality leads to decreased quantity; more simply, it can lead to an early death.

The National Academy of Sciences concluded that "half of the 10 leading causes of death in the United States are primarily related to lifestyle" — especially a lifestyle that includes poor diet, infrequent exercise, smoking and poor weight management. Add uncontrolled levels of stress, and most people are headed for trouble.

All choices have consequences, so why don't people make choices that will enhance their overall level of wellness?

It's not hard to see that making changes in one area can improve the outcome of others. An improvement in one's current diet can have a positive impact on cholesterol levels, immune function and weight issues.

Exercise can also improve a person's cholesterol level, help to change body composition and assist in

managing stress.

Quitting smoking has a number of health benefits — such as lowering cholesterol, exercise tolerance, etc., but also has the added benefit of helping those who come in contact with the smoker. Everybody, including children and those who are passive smokers due to second-hand smoke, wins when smokers decide not to smoke in their home or vehicle.

Sometimes the choice to be healthier seems unwarranted, but most people tend to overestimate their level of health and fitness.

Many people think of themselves as they were in their "younger days." Granted, some individuals are healthier and fitter in their 30s (and later) than they were in their teens and 20s, but now it's a much more conscious effort to maintain their current level of fitness and health. Health and wellness doesn't "just happen" for most people. Everyone has to make health and wellness as a priority.

As a role model for youth, making positive choices regarding exercise, nutrition and smoking can help to start the next generation in the right direction.

Maintaining a healthy lifestyle is easier if a person has the support of their family, or if it has simply been a habit they have fostered since they were younger.

Life is about choices, and people receive many opportunities to make positive decisions every day regarding their level of personal wellness.

Eating a balanced diet, exercising routinely and managing the stress level can help most people maintain a healthy outlook on life.



Photos courtesy of the outdoor recreation center

Hitting the slopes

Members of the Misawa community challenge the slopes during an outdoor recreation center trip last winter. The outdoor recreation center is giving away free skiing and snowboarding trips this winter. Register at outdoor recreation center October through November for the monthly drawings. To qualify for these drawings, people must get fitted for ski or snowboard rental gear. No purchase is necessary. The promotion begins Oct. 1 and runs through Nov. 30. Two ski packages will be given away on the last day of each month. First place is a punch card with five free ski or snowboard trips; second place is two free trips. Over the two-month period, outdoor recreation will give away a total of 14 trips. Every ski and snowboard trip includes free rental gear. For more information, call 226-9378. Only one entry per household can be entered in the drawings.